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NASM Certified Personal Trainer Exam Sample Questions (Q55-Q60):

NEW QUESTION # 55

Which of the following is the recommended rest interval when performing a circuit for phase five resistance training?

- A. 31 to 59 seconds
- B. 1 to 2 min
- **C. 0 to 30 seconds**
- D. 3 to 5 min

Answer: C

Explanation:

In Phase 5: Power Training of the OPT model, the recommended rest intervals during circuit-style resistance training are typically 0 to 30 seconds between exercises to maintain high intensity while challenging the neuromuscular system. NASM specifies that short rest intervals in circuit formats improve both muscular endurance and caloric expenditure, especially when alternating between strength and power moves. Although maximal power efforts sometimes require longer rest (1-5 min) for full recovery, in a circuit for Phase 5, the goal is to keep the heart rate elevated and transition quickly between paired strength and power exercises.

NEW QUESTION # 56

The Overload Training Principle is also referred to as the

- A. Intensity Progression Principle
- B. Specific Adaptation Principle
- C. **Progressive Adaptation Principle**
- D. Ceiling Effect Principle

Answer: C

NEW QUESTION # 57

A client's head protrudes forward during a pulling assessment. Which of the following muscles may be underactive?

- A. Levator scapulae
- B. Upper trapezius
- C. Sternocleidomastoid
- D. **Deep cervical flexors**

Answer: D

Explanation:

In a pulling assessment, if a client's head protrudes forward, NASM identifies the deep cervical flexors as commonly underactive. This forward head posture often results from overactivity in muscles such as the upper trapezius, sternocleidomastoid, and levator scapulae, combined with underactivity in stabilizing muscles like the deep cervical flexors. Corrective strategies include activation exercises for the deep cervical flexors and stretching/inhibiting the overactive neck and shoulder muscles.

NEW QUESTION # 58

A client's low-back arches during a pulling assessment. The trainer should identify this as an indication that which of the following muscles are overactive?

- A. Intrinsic core stabilizers
- B. **Hip flexors and erector spinae**
- C. Middle and lower trapezius
- D. Upper trapezius and levator scapulae

Answer: B

Explanation:

In the pulling assessment, an excessive low-back arch indicates overactivity in the hip flexors and erector spinae. The NASM CPT7 Study Guide explains that these muscles contribute to anterior pelvic tilt and lumbar extension when overactive.

Underactive muscles in this scenario typically include the intrinsic core stabilizers and gluteus maximus, which are not adequately resisting the pull into lumbar extension. Other muscle groups listed-middle/lower trapezius, upper trapezius, and levator scapulae-are more relevant to scapular movement and postural compensations in the upper body, not lumbar extension patterns. Thus, the overactive muscles here are hip flexors and erector spinae.

NEW QUESTION # 59

What muscle is medial to the vastus intermedius?

- A. Peroneus longus
- B. Vastus lateralis
- C. **Adductor magnus**
- D. Piriformis

Answer: C

NEW QUESTION # 60

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